

State Plan, Promo and Participation Group
Meeting 1 - Minutes
June 20, 2006

8:30 – 9:30 am at Salt Lake Roasting Company

Each work group member in attendance introduced themselves, talked about the organizations or groups they represented and our work/personal goals of being in this workgroup.

GROUP COORDINATOR - Natalie Smith, UAP Health Program Specialist, will coordinate the Promotion and Participation Work Group and facilitate meetings, distribute minutes, etc. Interested in increasing program outreach and enrollment, including all population with arthritis in the State Plan, and creating a plan with a good, philosophical base. Expects to be on maternity leave at the end of August. Nicole Bissonette, UAP Program Manager, will act as main contact when Natalie leaves (538-9458).

Cindy Murphy, TOSH physical therapist who manages a team of physical therapists. Has worked at TOSH for 10 years. Very close relationship with orthopedic docs. Would like to individually educate physicians on programs and needs of people with arthritis. Also offered 7 conference rooms in IHC facilities for our use – includes one in Park City and one at the Olympic Oval in WVC.

Jody Gardner, Arthritis Foundation (AF) Volunteer who has been working directly with people with arthritis for a number of years. Teaches AF self-help program. Would also like to see more doctors involved.

Audrie Willden, AF Community Resource Coordinator. Has recently joined the AF (10 days). Will create plan layout on In Design and help with writing.

Leslie Nelson, AF Program Director. Would like to focus on having more participation in existing programs and recruit more facilities to run programs (self-help, exercise and aquatics).

Natalie has contacted other workgroup members who will work on this portion of the State Plan. Dr. Herald Vonk, in Brigham City. Will lend a physician's perspective on the topic. Available for some meetings but will also help with edit/review of text.

Robin Jensen, an Arthritis Foundation volunteer living in Damerron Valley, UT. Works at Senior Centers in St. George teaching AF programs. Will be available for some in-person meetings since travels to SLC often. Will help edit/review text with rural and senior center perspective in mind.

Victoria Saley, former AF employee in charge of marketing programs to public, public presentations, outreach and numerous other duties. Will be available to review and edit plan.

Ande Anderson-Lewis, AF volunteer for many years. Will be available to attend meetings after returns from vacation. Multiple years of outreach, especially in Senior Centers, to enroll participants in her self-help courses.

Other possible support from

Phil Hoefling, Southwest Utah Public Health Dept. Will replace Ruthann Adams this fall.

Eugenia Smith, Community Health Center

Overall Group Goal – contribute to a state plan that outlines current and upcoming arthritis efforts in the areas of promotion and participation.

Discussion

1. The grid previously created by advisory board members was reviewed. All of the existing population groups were considered important to the plan and none were removed. Clarification of "Rural Populations" was requested. (This will include a population count of Logan, St. George, Ogden, Cedar City and other larger cities/towns that are outside the Wasatch Front.) Natalie will look at standard state definitions now and the group will consider whether or not we want to add a Frontier definition to the plan to signify the least populated areas.
2. The group thought it would be important to pay special attention to osteo, rheumatoid and fibro groups – separating them from each other for educational purposes.
3. The group decided to tease out two groups from the existing population focus groups– working adults (approx age 30-55) and juveniles/youth. Working adults was loosely defined as a younger adult group who are busy and hard to reach. Although youth make up a smaller percentage of people with arthritis (approx 1700 in Utah), they should be considered in the overall plan as well.
4. The group was not certain they wanted to include depression in the State Plan. They felt that in general, education could alleviate the type of depression related with arthritis. We will look at this again and consider how depression might relate to the Stages of Change model. Depression, for instance, may have a large impact on those in the pre-contemplative stage, so could be an important step to consider with those who are not taking action.
5. The group was interested in providing better physical activity options to those with arthritis, citing that walking is not always feasible, but often pushed. Ideas like partnering with a recumbent bike company and ways to market other, easier activities were briefly discussed.
6. The use of testimonials was discussed as a good tool for legislators as it puts a face on arthritis.
7. The group liked the Oregon State Plan model and was willing to consider including measurable outcomes or simple evaluations to be added to our Plan.
8. The timeline (below) was approved by the group.
9. **NEXT MEETING SET FOR 8:30am on July 13 at the Salt Lake Roasting Company (320 E 400 S, SLC). Agenda and Considerations/To Do list to follow shortly.**

TIMELINE

| <u>Objective</u> | <u>Due Date</u> |
|---------------------------------------|-------------------------------|
| Hold 1 st Planning meeting | June 20 – July 1 |
| Determine content of State Plan | August 1 |
| Begin writing sections | August 15 |
| Rough Draft Developed | September 1 |
| Review Drafts | September 15 |
| <i>Final State Plan</i> | <i>October 1, 2006</i> |

